SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 13th May 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 13 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Fri 15 **Track Session with Martin Morley** details
Dulwich College Track 7 for 7:15 start
fee £2 pay to Martin

Tue 19 **Track Session with Steve Smythe** see below
Dulwich College Track 7 for 7:15 start
fee £2 pay to Steve

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Please start warm-up at 7pm and the session will actually start about 7.15pm on the grass with the last 30 minutes on the track

Cost is provisionally £1 as long as you pay on the night, £2 if don't pay on night. Subject to change if track hire costs aren't covered

LUCKY VEST-

June winner was Tiarnan O'cleirigh.

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

We now have new vests and short sleeved T shirts for men and women. I'll bring them down to the club tonight

Vests £18 - T shirts £20

Ros

In your *SHORTS* this week !

2 Fixture List
4 Race reports etc
4 Victoria Pk, Assembly League results
6 Welsh Castle Relay results and report
7 Wednesday Night Map to print

And much more !

---------- EVENT HORIZON ---------

A brief look ahead

Jun 22 Club champs 1mile, Dulwich track
Jul 5 Battersea Park Assembly League
Jul 12 Club champs 2mile, Dulwich Park
full fixture list & info page 2

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so don't forget to pay when you sign in. Thanks. - Ros

NEW RUNNERS ROTA

Thanks to **Olivier Montfort and Ajay Khandelwal** for taking out new runners last week. If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Kaylee Coxall 13/06
No Club Run – Dulwich 5k – Marshalls Needed 20/06
Jozef Danko 27/06
Mike Dodds 04/07
Mel Edwards 11/07

DULWICH RUNNERS

Midsummer 5k
Dulwich Park
Wed 20th June
7:45pm

There will be no club run that evening so If you can help with marshalling the race it will be greatly appreciated.
You'll need to be at the start for around 7pm
let me know: barry@1bg1.com
Thanks to those that have already volunteered

CLUB FIXTURES 2011/12 - Club Champs , XCountry, etc.

Date			Event		Venue
Jun	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k	S	Elmbridge
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have been agreed for next season's Surrey League cross country. These are:

20 October, Lightwater
10 November, Roundshaw Down
12 January, Cranford
9 February, Wimbledon Common

Mike

WOMEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and venues have been confirmed for the women's fixtures as:

20 October, Roehampton Vale
1 December, Epsom Downs
12 January, Mitcham Common
9 February, Denbie's Vineyard

All fixtures will start at 12 noon with the exception of the Epsom Downs match, which will start later (time TBC)

Mel & Sue

Mark Hayes Memorial Mile – Club Championships, Friday June 22

Please put the date in your diary and support the event. Everyone is welcome. Mark was a former club championships mile winner who a few years ago sadly passed away far too early and his wife Kareen and his children will be in attendance to give out the medals and trophies.

This year's race has moved to a Friday but the distance remains at a mile and it's the same Dulwich College venue and hopefully the usual good weather and great atmosphere. Traditionally the event attracts over 50 club members of various abilities and there is usually 4 of 5 races split by time or age group,ie: those running four minutes something won't be in the same race as those running 7, 8 or 9 minutes.

We also will have the traditional children's race (probably 600m).

If you intend racing, please inform stevesmythe2006@yahoo.com so we can work out prospective numbers and races and who will go in what race. Ideally also provide a rough time. If you subsequently can't do it, please let him know

DULWICH RUNNERS 2012 CLUB CHAMPS

See fixture list for races and dates etc.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events.

After the one and two mile races we have the Elmbridge 10k on 22 July. The race has a limit of 700 entrants and nearly 300 have already gone, so get in your entries soon! - ***Mike Mann***

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating…join in ! - **Ros**

POST CLUB CHAMPS SOCIALS

As an added incentive to participate in club championship races, post race refreshments are taking place after two of the summer races.

Following the Mark Hayes mile club champs at Dulwich College Track on 22 June, we are planning to adjourn to the Alleyns Head pub nearby, and after the Dry Hill 10 in Lingfield on 2 September a pub lunch is being organised (look out for further details of this nearer the time). ***Mike Mann***

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

At the time of writing there are still places available for the Harvel 5 and Dorking 10

Kent Grand Prix and Championship Races

15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

FRIDAY Track Sessions
Dulwich College Track
7pm for 7:15 Start

Please remember this is aimed at all levels so that whatever your current pace is this will help you to improve and gain those PB's we all love

No previous track experience required just a desire to improve your running. Changing and toilet facilities available. Approximately 1 hour duration with focus on improving **your** speed and technique. £2 track fee on the day.

This is the ideal time to start track work if you have done a spring Marthon and looking at 10K's etc

Martin Morley

Ola Balme
Sports & Therapeutic Massage

For muscle strain, sporting injury treatment and prevention.

What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner.

For inquiries or to book an appointment, please call

020 8678 7205

0750 655 4004

ola.balme@btinternet.com

ASSEMBLY LEAGUE:

The Assembly League is an informal series of races, open to all club members in which we compete against other local clubs.

Each race is around 5k. You don't need to register or pay to run, just turn up.

Next race is at Battersea Park on 5th July at 7:30pm. Details to follow.

5 Jul	Battersea Park	7:30
2 Aug	Dulwich Park	7:30
6 Sep	Beckenham Sports Club	7:15

Charlie Lound

Wednesday Running Maps

On page 7 in SHORTS you will find a copy of the map for this weeks runs.

There will still be some available at the clubhouse , but it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

Race Reports & Results

Assembly League 3.55M, Victoria Park, June 7

Dulwich men had one of their best ever results, finishing second team behind Kent AC. Ben Fairhall, wearing racing shoes for the first time, had the club's highest ever individual position finishing second, just seven seconds down on the winner. Tony Tuohy, Wayne Lashley and Will Davis, having a rare race that wasn't the Crystal Palace parkrun were the A team scorers.

Tony (M45), Steve Smythe (M50), Mike Mann (M60) were first in their age groups.

Shona McIntosh arrived just minutes before the start, and won by two seconds but too many of our other leading runners were unable to compete and we had one of our poorest turn outs as ever reliable Mel Edwards and a returning from injury Ros Tabor were the other scorers. Lindsey Annable and Stephanie Burchill ensured we had a women's B team presence.

The course was changed from the normal route due to building work in the park and was probably about 20-30 seconds over the normal distance.

2 Ben Fairhall	18:33
7 Tony Tuohy	19:34 (1M45)
11 Wayne Lashley	20:06
20 Shona McIntosh 1W	20:51
23 Will Davis	21:00
30 Steve Smythe	21:28
33 Duncan Hussey	21:36
40 Robin Nash	21:51
45 Mike Fullilove	22:03
46 Ebe Prill	22:22
52 Mike Mann	22:30 (1M60)
54 Colin Bailey Wood	22:32
66 Jose Barretta	22:50
79 Joseph Brady	23:29
0 Oscar Hussey	23:33
81 Andy Murray	23:37
94 Steve Ackroyd	24:16
104 Mel Edwards 16W	25:06
105 Mike Ward	25:07
114 Martin Morley	25:45
129 Ros Tabo 26Wr	26:44
149 Kev Wood	29:00
152 Lindsay Annable 32W	29:21
160 Stephanie Burchill 33W	30:24

Dulwich men: 2nd
Dulwich women 4th

Tonbridge A.C. Open track races12 June

800m

Weather wise, it certainly wasn't the glorious 12th but, at least, a chance to let off steam in the middle of exams and lock horns with some familiar but friendly rivals. For Oscar, rivals meant school mates, for me a 13 year old who narrowly beat me on the final straight here a month ago.

Both our races were keenly fought and well graded (and far cheaper than B&B). Oscar set a good first lap but was just outside his PB having dropped the pace slightly in the third 200m. In a familiar position to my last time here, I was again last after 100m but once I had untangled myself from some of the over exuberant back markers, remarkably went on to do a negative split, just losing out to my 13 year old rival who was fading fast in the last 50m.

Just outside my recent best and not seeing stars in the final straight gives grounds for optimism. Pity I can't do the county schools race on Saturday, as you never know, I might be able to show a clean pair of heels to a certain 13 year old!

Race 2

8 Oscar Hussey 2.35.32

Race 3

8th Duncan Hussey 2.18.33

Duncan Hussey

Concorde 10k 10th June 2012

Lindsey Annable ...we really enjoy this race organised by the British Airways running club – it's quick to get to, the 10.30 start almost allows a lie-in and it has the best facilities of any race we have been to – hot showers and the opportunity to have a delicious hot meal afterwards. The course starts in Cranford Park near Heathrow and takes a rather twisty route around the local roads and a couple of underpasses to end in the park again.

Numbers were down this year probably due to the school holidays so it was a small but select group that stood on the start line. Barrie had a reasonable run dipping under 50 but I suffered, having felt tired all week and running most of the race on my own.

After a lovely hot shower we tucked into a traditional Sunday roast at the British Airways Concorde Club and had a walk around the playing fields to stretch our legs. It wasn't quite the weather to watch the cricket matches that were taking place so we headed home. I am sure we will be back next year for more!

Barrie John Nicholls 49.38
Lindsey Annable 53.19

parkrun 5km Results for June 9th

Bexley, June

1 Tony Tuohy	18:08
142 ran	

Brockwell

21 Steve Ackroyd	21:36
29 Cameron Timmis	23:01
42 Claire Steward 7W	24:02
59 Nicola Hill 12W	25:54
84 Jessica Sale 23W	27:35
88 Michelle Lennon 25W	27:50
131 ran	

Crystal Palace

Not for first time here, times are wrong.

Think the timing Gremlins have got into the system as I'm shown as 40.49 whereas my watch had 22.09. Joseph Danko (pushing a buggy) was also recorded with a slow time of 42.10 which was wrong too and expect it should have been 23.30 – ***Bob Bell***

18 Bob Bell	40:49? 22:09
31 Jozef Danko	42:10? 23:30
104 ran	

Dulwich

5 Steve Smythe	18:40
15 Joseph Brady	20:18 (course PB)
23 Rob Cope	20:56
37 Ian Sesnan	22:32
82W Michelle Wall 21W	27:43
149 ran	

Richmond

Lindsey Annable writes …we were both surprised to run very well. Barrie was one second outside his course best and although my watch suggested a course PB of 5 seconds, the official results gave me a time equal to my course record. There appears to be no stewards' enquiry pending so I shall just have to be happy with that!

Barrie John Nicholls	23.47
Lindsey Annable	24.50

Herne Hill Open, June 4

200: race H: 3 Alex Elms 29.67

Mile: race 1: 4 Tony Tuohy 4:58.43; 11 Mike Mann 5:38.09

800: race B: 4 Clare Elms 2:16.89, 5 Tony Tuohy 2:18.25

800 race D: 6 Mike Mann 2:37.11

Blackheath Open, Bromley, June 11

In horribly wet and breezy conditions, fast times were difficult.

Alex's run was unofficial as U13 boys can't officially run the distance and he can go faster as he misjudged the finish line and slowed early.

Most of the 1500m runners started too quickly and Tony followed up his 10k run with a solid run as did Clare who didn't quite get the pacing help she was hoping for.

400m:

4 Alex Elms	63.49

1500m Race 1

4 Tony Tuohy	4:36.28
6 Clare Elms 1W	4:45.26

1500m Race 2

1 Steve Smythe	5:11.29
8 Andrea Pickup 1W	5:20.99

800m race 2

9 Francesca Pickup	2:53.70

Beckenham 10km, June 10

With an extra hill, finishing near the start and using the rough path across Beckenham Place Park, this course was even harder than normal.

Clare bounced back from her previous race and won without trying too hard and with Angela and Ola ensured we had a women's team win while Claire S won her age group award.

The men's team of Tony (third), Colin Bailey Wood and Mike Fulliove won the men's team too. Colin came through to win the M50 prize catching new M50 Mike Fulliove in the last kilometre.

3 Tony Tuohy	36:30 (1 vet)
9 Clare Elms 1W	38:46
13 Colin Bailey Wood	40:27 (1st M50)
15 Mike Fullilove	40:39
24 Ola Balme 4W	41:58 (1W45 prize)
36 Joseph Brady	43:22
51 Angela Oritsejafor	46:23
52 Graham Laylee	46:29
74 Claire Steward	48:49 (1W55)
182 finished	

Dulwich 1st men team

Dulwich 1st women's team

Watford BMC Grand Prix, June 9

BMC 1500m

11 Clare Elms 4:40.39 (season's best and fastest outdoor time by W45 this year.)

2nd claim results

Deborah Niccol ran a PB 4:28.30 1500m at Watford on June 9 after having run 2:26.98 for 800m and 4:33.33 for 1500m at the UK women's league at Cardiff on May 27

WELSH CASTLES RELAY

9/10 JUNE 2012

*Martin morley writes…*As we travelled to North Wales on Friday, the rain became more intense, becoming torrential once we reached Snowdonia, where we stayed at Chris and Sue Vernon's house. The original plan was for some of us to camp in their garden but the decision to abandon that and sleep everyone indoors was something of no brainer. We enjoyed excellent hospitality with the Vernons and the fine range of beers at the local pub.

The next morning, as the rain continued, there were concerns that flooding problems would lead to the event being cancelled or major course changes. Fortunately, despite rivers and streams overflowing with extensive flooded fields, the course was unaffected and the relay proceeded as planned. The first 3 stages were cold, windy and wet but the weather eased during stage 4, and by the end of the day we experienced bright sunshine with excellent running conditions. Sunday was largely overcast but running conditions remained good with cool temperatures and light wind, although it became rather humid later, before the rain set in soon after the relay finished in the splendid grounds of Cardiff Castle.

Despite fielding a weaker team than in recent years, we did well to finish 30th out of 59 teams. The highlight was ***Catherine Lee's stage win on leg 19***, but there were also goods runs from James Godber, Ebe Prill, Dylan Owen and Scott Hemmens, Lloyd Clater and strong runs from everyone else. The 6 mountain stages in this event are highly challenging and competitive with most clubs fielding their strongest runners on these legs, but we managed to perform very creditably. It was good to see so many first timers to the event on our team, all of whom should be proud of performances.

We had lol (Prime Minister please note Lot's of Laughs) and as usual a very friendly atmosphere with the other teams all helping each other out with water and loads of encouragement.

We had a few moments such as
"What a Steve Redgrave moment" Mike M at his finish announcing that he should never be allowed to volunteer for this stage again, so will retire gracefully from stage 14 and probably all other mountain stages. (but never say never!!)

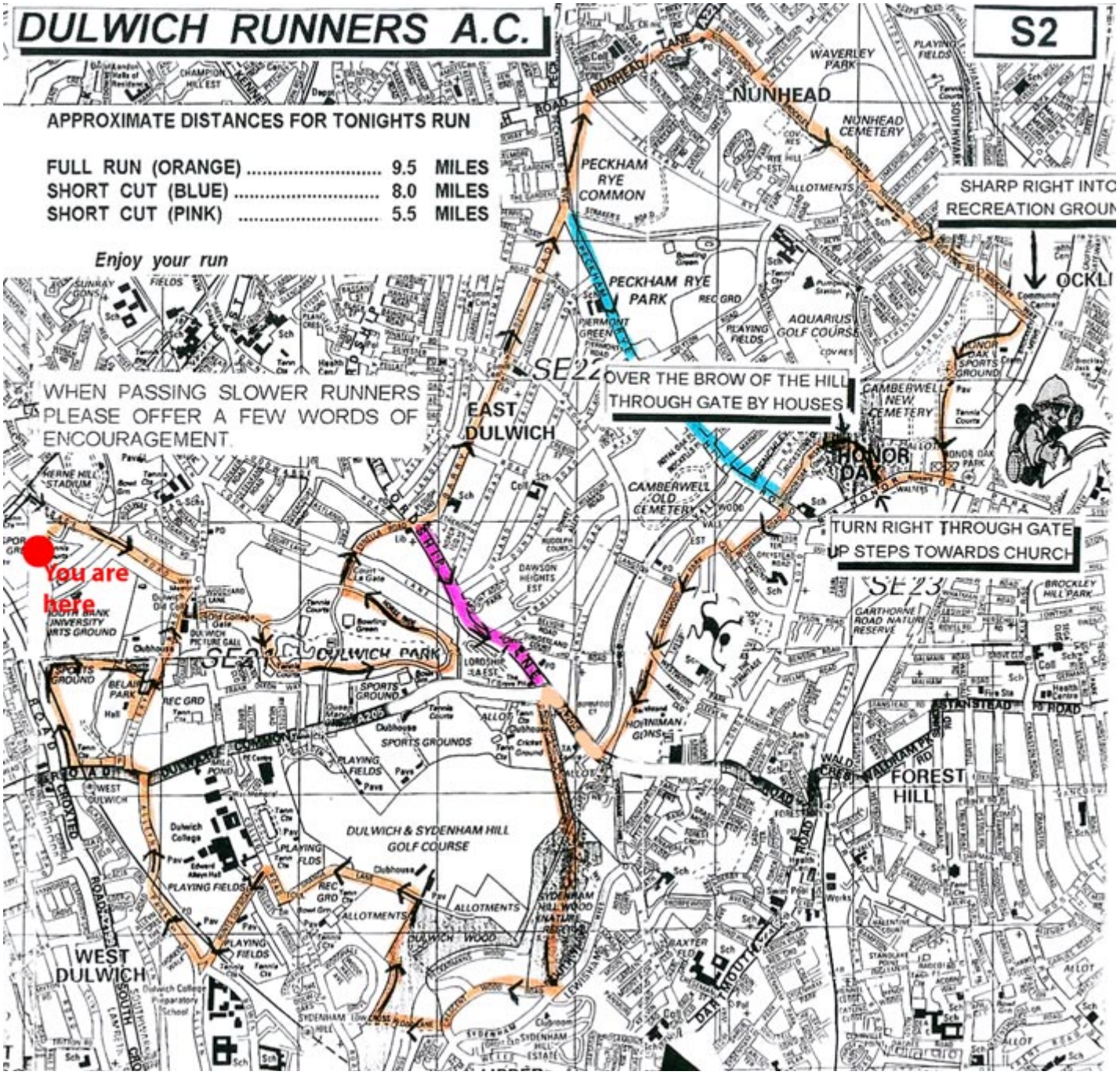
"What a plonker moment" Mike M's attempt to offer James water in the pouring rain, which not surprisingly he declined, probably thinking I had taken leave of my senses.
"what a tart moment" Chris taking 15 minutes to change into his running kit and almost missing his start, arriving with number flapping in the breeze..

Full report to follow, will be put on club website.

Stage 1 - Caernarfon Castle to Penygroes - 9.1 m	
8 James Godber	0:59:05
Stage 2 - Penygroes to Criccieth Castle - 10.7 m	
28 Melanie Edwards (F)	1:13:59
Stage 3 - Criccieth Castle to Maentwrog - 12.1 m	
30 Dylan Owen (V)	1:24:36
Stage 4 - Maentwrog to Harlech Castle - 9.5 m	
30 Clare Wyngard (FV)	1:11:40
Stage 5 - Harlech Castle to Barmouth - 9.6 m	
38 Michael Dodds (V)	1:15:21
Stage 6 - Barmouth to Dolgellau - 10.7 m	
20 Eberhard Prill (V)	1:12:01
Stage 7 - Dolgellau to Dinas Mawddwy - 9.15 m (Revised stage)	
33 John Fletcher	1:06:25
Stage 8 - Dinas Mawddwy to Foel - 10.8 m	
47 Susan Cooper (F)	1:26:30
Stage 9 - Foel to Llanfair Caereinion - 8.6 m	
32 Ros Tabor (FV)	1:03:30
Stage 10 - Llanfair Caereinion to Newtown - 13.1 m	
32 Chris Loizou (V)	1:30:54
Leaderboard at end of day one	
25	12:24:01
Stage 11 - Newtown to Llanbadarn Fynydd - 12.3 m	
46 Neil Daniels	1:33:55
Stage 12 - Llanbadarn Fynydd to Crossgates - 11.2 m	
41 Joanne Shelton (FV)	1:23:22
Stage 13 - Crossgates to Builth Wells - 10.6 m	
37 Tiarnan O'Clerigh (V)	1:17:21
Stage 14 - Builth Wells to Drovers Arms - 10.8 m	
37 Michael Mann (V)	1:17:59
Stage 15 - Drovers Arms - Red Kite Centre to Brecon - 12.8 m	
20 Andrew Murray (V)	1:25:44
Stage 16 - Brecon to Beacons Reservoir - 8.8 m	
51 Martin Morley (V)	1:12:41
Stage 17 - Beacons Reservoir to Cyfarthfa Castle - 9.2 m	
45 Lloyd Clater (V)	1:16:03
Stage 18 Rhyd-y-Car Centre to Abercynon (Navigation Pk) 9.1m	
48 Claire Osborne (FV)	1:14:52
Stage 19 - Navigation Park to Caerphilly Castle - 10.8 m	
21 Catherine Lee (F)	1:17:48
STAGE WINNER	
Stage 20 - Caerphilly Castle to Cardiff Castle - 10.7 m	
27 Scott Hemmens	1:11:27
FINAL POSITION	
30 Dulwich Runners	25:35:13

MOUNTAIN STAGES 33rd Dulwich Runners

Stage	Time
3	1:24:36
7	1:06:25
10	1:30:54
11	1:33:55
14	1:17:19
16	1:12:41
Total	8:06:30


DULWICH RUNNERS A.C.
S2
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 9.5 MILES
SHORT CUT (BLUE) ..... 8.0 MILES
SHORT CUT (PINK) ..... 5.5 MILES
Enjoy your run
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
You are here
SHARP RIGHT INTO RECREATION GROUN
OVER THE BROW OF THE HILL THROUGH GATE BY HOUSES
TURN RIGHT THROUGH GATE UP STEPS TOWARDS CHURCH
NUNHEAD
PECKHAM RYE COMMON
PECKHAM RYE PARK
EAST DULWICH
HONOR OAK
FOREST HILL
WEST DULWICH
DULWICH PARK
DULWICH & SYDENHAM HILL GOLF COURSE
SE22
SE23
SE21